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WHEN PUSH COMES  
TO SHOVEL  
KEEP YOUR HEART  
HEALTHY {page 13}



# BAD BABYSITTER DRUGS, BAR FIGHTS, AND EXPLOSIONS SCENE {page 11}



metro®

Tuesday, December 6, 2011  
www.metronews.ca



News worth sharing.



► Alex Easton, an animal-care technician at London Animal Care and Control, shows off Tyson, a festive four-year-old cat, yesterday.

ANGELA MULLINS/METRO

## Council agenda chock full

► Public is welcome at tonight's meeting  
starting at 5 p.m. at city hall



ANGELA  
MULLINS  
@METRONEWS.CA

### Tax talk

- The proposed \$478-million tax-supported budget for 2012 includes a property-tax hike of about \$54 a year for the average taxpayer.
- That increase comes on top of a combined \$57 sewer-and-water rate increase, which council approved last month.

City councillors will have a lot on their plates tonight as they mull everything from an economic-development levy to a provincial probe into the legalities of a closed-door meeting.

The tax discussion comes on the heels of yesterday's tabling of the 2012 draft budget, which includes a 2.3 per cent tax increase. The development levy — a one per cent, five-year tax — won support from councillors on Oct. 4 but would come on top of the increase in the budget proposal.

Now it's up for negotiation again, with some saying they may change their vote after reconsidering. The tax could generate \$69.4 million by 2016 and would cost the average homeowner \$25 to \$30 a year, officials have said.

Mayor Joe Fontana, who was on a trade mission to China when the issue re-emerged at a Nov. 25 committee meeting, remains a proponent. One part of the plan would see at least some of the money poured into a multimillion-dollar overhaul of downtown.

It's money well spent if you consider the monthly cost of the levy

as a "couple of cups of coffee," Fontana said yesterday.

"I believe that we need a dedicated investment fund for economic development," he added. "In the end, nothing is done until the budget is passed Feb. 21."

In other action, council is expected to discuss raising parking-meter fees by 25 cents an hour — to \$1.50 — and hiking fees for 81 parking offences.

Councillors also are expected to make a final decision on turning over the minutes of a Nov. 7 closed-door meeting to the Ontario ombudsman, who has requested them as part of a probe into whether council violated the Municipal Act. In a private vote, councillors instructed city staff to remove the Occupy London encampment from Victoria Park.

## A Merry Meow-mas to one and all

The shelter has started a 12 Strays of Christmas campaign, waiving the adoption fee for cats through December. All cats have been spayed or neutered, treated for fleas and worms and have had microchips implanted for identification. Sixteen cats were available for adoption yesterday, with many more waiting for clearance.

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## Messiah season in London

With Christmas fast approaching, it can only mean one thing — Messiah season.

There are at least three performances of Handel's beloved oratorio in London this week. Orchestra London will perform the Messiah tomorrow at 8 p.m. at St. Paul's Cathedral at 472 Richmond St. Tickets are available at [orchestralondon.ca](http://orchestralondon.ca).

And this weekend, there are two more opportunities to catch the Messiah.

Fanshawe Chorus London's performance with the Concert Player's Orchestra is Saturday at 7:30 p.m. at Centennial Hall at 550 Wellington St.

The Gerald Fagan Singers' performance is Sunday at 3 p.m. at St. Peter's Basilica at 533 Clarence St. Tickets for both are available at [centennialhall.london.ca](http://centennialhall.london.ca).

● METRO

## Man faces child-porn charges

A St. Thomas man faces child-pornography charges after London police seized computer equipment and digital images after searching residences in both communities Friday morning.

Anthony Ryckman, 40, is charged with accessing and possessing child pornography, as well as voyeurism. ● METRO

### Window. Shopping



ANGELA MULLINS/METRO

Christmas shopping season picking up: Merchants

# Ontario's car insurance the highest in Canada

► Auto-insurance fraud costing industry about \$1.3B a year in Ontario

Ontario drivers are paying more for auto insurance than other Canadians motorists, in part because the average cost of accident injury claims is five times higher than in other provinces, auditor general Jim McCarter reported yesterday.

The province "does not have significant measures in place to combat fraud," McCarter warned in his annual report, which sums up value-for-money audits

done on a range of selected ministries and agencies each year.

"From 2005 to 2010, the total cost of injury claims rose 150 per cent even though the number of injury claims in the same period increased only 30 per cent," wrote McCarter.

The number of personal injury claims in 2009 was almost 75,000, 20 per cent higher than the number of people who reported having been injured in an auto-

### Report highlights

- The LCBO is not taking advantage of its clout as one of the world's largest buyers of alcohol to get lower wholesale prices and increase its profit margin.
- The Liberal government needs to strike an appropriate balance between

promoting its green-energy policies and the higher electricity prices that result.

- The government needs to determine if the hundreds of millions of extra dollars it's paying doctors each year is actually resulting in improved care and better access.

mobile accident that year. The number of people killed or injured in auto ac-

cidents in Ontario has fallen 25 per cent in the last decade. **THE CANADIAN PRESS**

# 1

  
news


A pharmaceutical company says its new sleep drug will keep you dozing but that you might also drive or make phone calls while under the drug's influence. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web at [metronews.ca](http://metronews.ca)

**A dismal week on the markets was followed by a banner week. Allan Small has some theories as to what's behind the volatility. More at [metronews.ca/investing](http://metronews.ca/investing)**

## WinYourGifts.ca

Every day, from every Winners and HomeSense store, one lucky shopper could win back the value of their holiday purchase. December 1 to 24.



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# China trip helped build bridges: Officials

► Next steps include creating 'working groups,' heading east again



ANGELA MULLINS  
@METRONEWS.CA

Mayor Joe Fontana and Co.'s trade mission to China didn't bring home jobs.

Not yet, anyway.

But London most definitely "was seen, was heard and was noticed" Fontana said during a debriefing yesterday morning at city hall.

That will be key to creating those jobs in the coming months and years, officials said.

"We've positioned ourselves ... with incredible opportunities," Fontana said, noting the city's high unemployment rate demands scouring "the world for foreign investment."

One of the biggest "take-aways" from the China trip, which wrapped up at the end of last week, was furthering a partnership with Chongqing Jinshan Science and Technology.

The city and CSTAR — a local medical-research team that includes representatives from UWO and the London Health Sciences Centre — signed memorandums of understanding with Jinshan this summer

**"We are seen as a city that has an awful lot to offer in terms of research, development, as well as a talent pool (that leaders of other countries) are all looking for."**

MAYOR JOE FONTANA

that would see the company establish its North American headquarters in London.

Those agreements were furthered during the trip, officials said, with the parties coming closer to formal contracts that would see Jinshan come to the Forest City with a research institute, clinical trials and a "manufacturing platform."

Much of that action would be based around a capsule-sized camera the company has developed, but not yet marketed. The camera, which is meant to be swallowed so it can travel through a person's digestive system, has the potential to take the place of medical scopes.



► CSTAR director John Parker, left, and Dr. John Denstedt, chair of the surgery department at the University of Western Ontario, listen yesterday as Mayor Joe Fontana talks about a recent trade mission to China.

"That's going to mean jobs and additional opportunities for the city of London," Fontana said.

Also during the trip, officials furthered an agreement that will offer dual degrees to students at Sichuan University in

Chengdu and the University of Western Ontario.

That will help Western fulfil one of its strategic priorities: attracting international students, said Dr. John Denstedt, chair of the university's surgery department.

Representatives from West China Hospital, also in Chengdu, have also agreed to new research initiatives and collaborations with Western, Denstedt said.

CSTAR, the local research team, has been

building a partnership with the hospital for about two years.

"All of those things I see as a platform for creating ... a trust and a repertoire with the Chinese people.... That's very, very important," Denstedt said.



Monthly. Ritual

► Chess buddies Dale Ferns, 60, of St. Thomas, left, and George Smith, 40, of London battle it out yesterday morning at the Central Library in Citi Plaza.

ANGELA MULLINS/METRO

Your move, chess buddy

## Students petition the premier

Students from across Ontario delivered a 40,000-signature petition to Premier Dalton McGuinty, yesterday.

The petition calls on the government to reallocate the \$430 million committed to the Liberal tuition grant to a real tuition fee reduction for all students.

The Canadian Federation

**"This tuition grant does not stop fees from going up, and the majority of students will not receive it."**

SANDY HUDSON OF THE CANADIAN FEDERATION OF STUDENTS-ONTARIO.

of Students says the Liberal election promise of an upfront grant for college and university students excludes a majority of students.

Students in second-entry programs, students who fall from good standing, students whose parents earn over \$160,000 annually, graduate students and

students who are older than 21 will receive no relief.

The student federation is calling on McGuinty to turn the grant into an across-the-board fee reduction.

And the federation says the Liberal proposal won't prevent tuition fees from rising next fall.

THE CANADIAN PRESS

## Cyclist, bus collide

A cyclist was taken to hospital after a collision with a Greyhound bus.

The bus was heading east on Hamilton Road when it collided with the young man on a bike near Sanders Street just before 6 p.m. Sunday.

The man on the bike, whose name has not been released, was taken to hospital with serious injuries.

Police say he's expected to survive.

No charges have been laid.

THE CANADIAN PRESS

## Neil Diamond tickets on sale Monday

More details have been released on the Neil Diamond concert at the JLC on June 28.

Tickets (\$69.50, \$95.50 &

\$149.50) go on sale Monday at 10 a.m. They're available at the John Labatt Centre box office, Fanshawe College BizBooth, the Bookstore at Western and Books Plus. Or you can charge by phone at 1-866-455-2849, or order online at livenation.com or johnlabattcentre.com.

● METRO

## Nativity Jesus gone

A church in Lucan says the baby Jesus is missing from a nativity scene that was vandalized over the weekend.

Officials say it happened at Holy Trinity Anglican Church sometime after Saturday's Santa Claus parade

in the community 30 kilometres north of London.

Parishioners discovered the vandalism on Sunday morning.

The three wise men and camels were flattened, and baby Jesus was gone.

THE CANADIAN PRESS



# Canada will not renew Kyoto commitment

► Ottawa to spend \$1.2B to help poor countries with their climate-change efforts ► U.S., one of the world's biggest polluters, hasn't ratified deal



► An activist wears a mask depicting the face of Prime Minister Stephen Harper at a protest in Durban, South Africa, yesterday.

Canada will not renew its commitment to the Kyoto Protocol, despite a tempting climate-change offer from China, Environment Minister Peter Kent said yesterday.

Kent said Canada will not sign on for a second Kyoto phase, even if doing so meant top polluter China would agree to targets to cut its own greenhouse gases. China has long refused to adopt binding treaty commitments to lower its greenhouse-gas emissions. But this weekend, China's top negotiator signalled that Beijing would consider a target if the European Union and developed nations — including Canada

— first agreed to extend their Kyoto commitments.

China's olive branch did not sway Kent. When asked if the offer might get Canada to reconsider signing on for a second phase of Kyoto after it expires next year, the minister simply said no.

He said Canada's "fixation" is on sealing a deal made two years ago at a United Nations climate-change conference in the Danish capital of Copenhagen.

"Canada has made clear this year that Canada will not make a commitment to a second Kyoto period," Kent said.

The NDP's environment critic, MP Megan Leslie, said

## Condemnation

- Environmentalists have strongly condemned Canada for its position on climate change and its approach to dealing with greenhouse gas emissions.
- "Our loss of credibility on these issues didn't happen overnight," Queen's University biology professor John Smol said in a statement.
- "It's partly the result of ongoing neglect of environmental science at the federal level, but it also stems from a long history of broken promises, both to Canadians and to our global peers."

China's move puts Canada in a tough spot.

"The argument that China isn't doing anything, well, that's gone," she said. "I'm left to ask, 'What is Canada's excuse now?'"

Jean Chretien's Liberal government joined Kyoto in 1998 but took little action to meet Canada's targets to reduce greenhouse-gas emissions.

The Conservatives also ignored Kyoto after they came to power in 2006. Canada has since set its own target of cutting emissions by 17 per cent from 2005 levels by 2020 — the same goal set by the Obama administration in Washington. **THE CANADIAN PRESS**

# Witness recalls cat's screaming

JENNIFER TAPLIN  
IN HALIFAX

A cat was allegedly beaten to death in Halifax during an alcohol-fuelled rage over the weekend. And it's the sound of a wailing cat that neighbour Andrew Denton still can't get out of his head days later.

Denton and his girlfriend were in his apartment on Saturday night when he said they heard a thumping on the wall.

"It sounded like screaming and we moved in closer (to the wall) and it sounded like a cat," said Denton, who has two cats of his own.

A man lives next door and his girlfriend had recently moved in with her cat, Denton said.



**"I'll never forget the sound the cat made"**

ANDREW DENTON, WITNESS

The superintendent got the man, who appeared drunk, to open his door. Denton said the cat was found under a bag in a bloody closet.

RCMP officers arrived and found the dead cat. They arrested a 48-year-old intoxicated man and later released him.

## KINGSTON DEATHS

## Expert testifies on honour killings

So-called honour killings stem from a loss of male control over women's bodies, and bloodshed is seen as a way to purify dishonour, an expert testified yesterday as the Crown wrapped up its case against a family accused of four such

killings.

In some cultures, particularly in the Middle East, honour is valued more than life, and can often accompany declarations of love for the victims from the perpetrator, Shahrzad Mojab told court.

Mojab was the last witness to testify for the prosecution in the trial of a Montreal couple accused, along with their adult son, of killing their three daughters and the first wife in the family's polygamous marriage.

**THE CANADIAN PRESS**

## Group of 12 claims the \$21M jackpot

A group of 12 people from the Penetanguishene-Midland area have contacted lottery officials to say they plan to claim a \$21-million Lotto Max jackpot.

OLG says the prize is from the Nov. 25 draw.

Spokesman Tony Bitonti says a member of the group told lottery officials there were about 12 winners, but did not say when they would claim the prize.

Radio station CIQB reports they all work at the Waypoint Centre for Mental Health Care in Penetanguishene.

**THE CANADIAN PRESS**

## More of us giving more to charity

Canadian taxfilers reported making charitable donations of just under \$8.3 billion in 2010.

That's a 6.5 per cent increase over 2009.

Statistics Canada reports the number of donors also increased — 2.2 per cent to just over 5.7 million.

Data are based on income-tax returns filed for 2010.

The agency says 23.4 per cent of all taxfilers claimed charitable donations on their tax return, in line with previous years.

**THE CANADIAN PRESS**

BILL GRAVELAND/THE CANADIAN PRESS

► Rabbits facing death.



## Bunnies may get reprieve

A white knight has hopped into the fray to rescue bunnies facing the death penalty in Canmore, Alta.

The town has made international headlines for its plan to trap and gas its out-of-control feral rabbit

population.

Animal Rescue Corps (ARC), a non-profit animal protection organization based in Washington, D.C., wants to capture, sterilize and relocate the rabbits.

**THE CANADIAN PRESS**

# 2,000

According to Canmore officials, the population has hit the 2,000 mark — one rabbit for every six people in the town of 12,000.

# Planet similar to Earth found

- Kepler-22b is about 2.4 times the size of our home
- Space shuttle would take 22M years to get there

A newly discovered planet is eerily similar to Earth and is sitting outside Earth's solar system in what seems to be the ideal place for life, except for one hitch: It is a bit too big.

The planet is smack in the middle of what astronomers call the Goldilocks zone, that hard-to-find place that is not too hot, not too cold, where water, which is essential for life, does not freeze or boil. And it has a shopping-mall-like surface temperature of near 72 degrees, scientists say.

The planet's confirmation was announced yesterday by NASA along with

► Jill Tarter, director of the Center for SETI Research, looks at a graphic showing the newly discovered planet Kepler-22b at the NASA Ames Research Center yesterday in Moffett Field, Calif.



other discoveries by its Kepler telescope, which was launched on a planet-hunting mission in 2009.

That is the first planet confirmed in the habitable zone for Kepler, which al-

ready had found Earth-like rocky planets elsewhere. Twice before astronomers have announced a planet found in that zone, but neither has been as promising. **THE ASSOCIATED PRESS**

## Texas. Snowfall



## Odessa gets 2.5 inches of snow

The National Weather Service indicated that Odessa had received about 2.5 inches of snow but that other parts of the area had received more.

**300** A team at the University of California at Berkeley discovered two gigantic black holes in clusters of galaxies 300 million light years away.

## Hole lotta nothin'

Scientists have found the biggest black holes known to exist — each one 10 billion times the size of our

sun. The previous black-hole record-holder is as large as six billion suns.

**THE ASSOCIATED PRESS**

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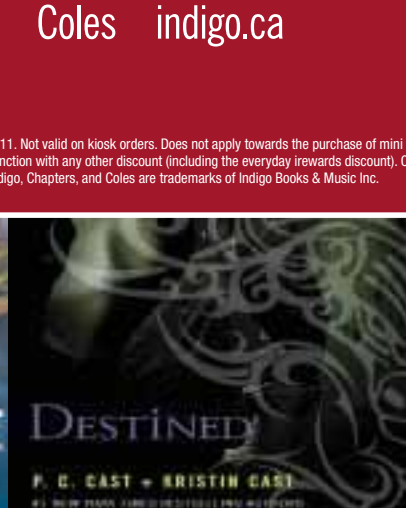
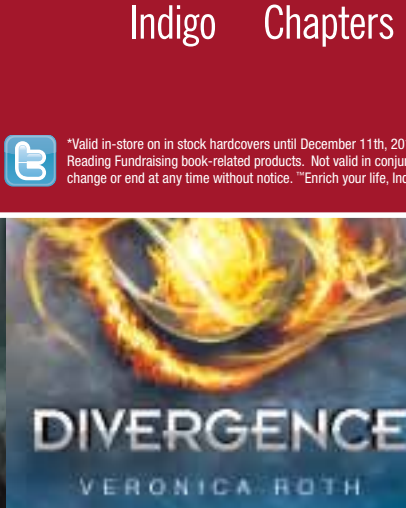
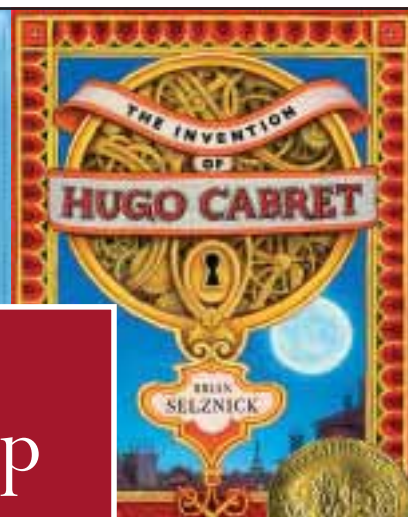
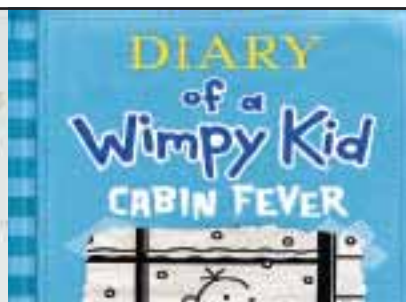
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# U.S. rethinks visa plan

► Secretary of State orders review of popular exchange program after officials find workers were exploited by mafia, businesses ► Reforms being considered

## J-1 controversy

- The State Department has made several changes last year after it uncovered widespread abuses, including living and working conditions that some participants compared to indentured servitude.
- In one of the worst cases, a woman said she was beaten, raped and forced to work as a stripper in Detroit after being promised a job as a waitress in Virginia.
- In August, dozens of workers protested conditions at a candy factory that packs Hershey chocolates in Pennsylvania, complaining of hard physical labour and pay deductions for rent that often left them with little money.

U.S. Secretary of State Hillary Clinton has ordered an "extensive and thorough review" of a foreign-exchange program that has been used by U.S. businesses as a source of cheap labour and exploited by criminals to import women to work in the sex industry.

In the latest debacle for the J-1 Summer Work Travel visa, a federal indictment unsealed last week accuses the mafia of using the cultural exchange program to bring Eastern European women to work in New York strip clubs.

The U.S. House Judiciary Committee's immigration subcommittee also has been gathering information on the J-1 visa, which was created in 1963

to allow college students from other countries to spend their summer breaks living, working and travelling in the U.S.

As the program has grown to facilitate more than 100,000 exchanges annually, it has become as much about money as cultural understanding.

A State Department spokesman, who spoke anonymously, said Clinton "has called for an extensive and thorough review of the program."

"We continue to be committed to working to strengthen the Summer Work Travel Program to safeguard the health and welfare of the participants," the official said in an email late Friday. "We have already instituted one set of reforms and are

working toward additional ones that take additional measures to protect participants and prioritize the original cultural intent of the program."

The New York case was made public just days after the State Department opened a period of public comment on proposed changes that would require companies that sponsor the participants to gather more information about employment and living arrangements.

The reforms being considered by the State Department would limit and refine the types of jobs students can have, expand the list of prohibited employment categories and strengthen the cultural aspects of the program.

THE ASSOCIATED PRESS

## Russia. Protest



► Police officers detain an opposition activist during a protest against vote rigging in St. Petersburg, Russia, yesterday.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

## Election outrages Russians

Thousands of protesters hit the streets last night and accused Prime Minister Vladimir Putin's party of rigging this weekend's parliamentary election in which it won the largest share of the seats, but its popularity fell.

# Japan plant leaks toxic water

TOKYO ELECTRIC POWER CO./THE ASSOCIATED PRESS

Japan's crippled nuclear power plant leaked about 45 tons of highly radioactive water from a purification device over the weekend, its operator said, and some may have drained into the ocean.

The leak is a reminder of the difficulties facing Tokyo Electric Power Co. as it tries to meet its goal of bringing the tsunami-damaged Fukushima Dai-ichi nuclear power plant to a cold shutdown by year's end.

A pool of radioactive water was discovered midday Sunday around a decontamination device,

TEPCO said in a state-

ment on its website. After the equipment was turned off, the leak appeared to stop. Later, workers found a crack in a concrete barrier leaking the contaminated water into a gutter that leads to the ocean.

TEPCO estimated about 300 litres leaked out before the crack was blocked with sandbags.

The leakage of radioactive water from the Fukushima plant into the Pacific Ocean in the weeks after the March 11 accident caused widespread concern that seafood in the coastal waters would be contaminated.

THE ASSOCIATED PRESS



► This photo released on Sunday by Tokyo Electric Power Co. shows leakage from a purification device at the tsunami-damaged Fukushima Dai-ichi nuclear power plant.

## Anti-conflict-diamond body failing: Rights group

A major human-rights watchdog yesterday left the international body charged with keeping blood diamonds off the market, accusing the group of refusing to address links between the gems, violence and tyranny.

Global Witness's depar-

ture from the Kimberley Process raises questions about whether consumers can be sure the diamonds they buy aren't fuelling conflict. Global Witness cited what it called Kimberley Process failures in Ivory Coast, Venezuela and Zimbabwe. THE ASSOCIATED PRESS

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# Income inequality rising: Report

SEAN KILPATRICK/THE CANADIAN PRESS

## ► Economic growth doesn't trickle down to the poorest, OECD finds

Governments need to do more to address a growing gap between rich and poor in Canada and around the world by fostering more and better jobs and even considering raising taxes, a global economic think-tank says in a new report.

Among its findings, the Organization for Economic Co-operation and Development reported that the average income of the top 10 per cent of Canadian earners in 2008 was \$103,500 — 10 times that of the bottom 10 per cent at \$10,260.

The ratio for Canada in the early 1990s was about eight to one.

While the OECD study reaches only to 2008 — just as the recession kicked in around the globe — that kind of income inequality has been at the heart of the Occupy Wall Street protests across the U.S. and Canada.

The report found the gap between rich and poor in its member countries had reached the highest level in more than 30 years in 2008, with the average

### Canada's record

► **Finance Minister Jim Flaherty defended the government's record on job creation.** "The OECD and the IMF say that Canada's economic growth, job creation will be the best going forward. That's how you address inequality," he told Parliament.

► **However, NDP Finance critic Peter Julian said the government was not doing enough.** "We have government that attacks the whole issue of economic policy in a one-dimensional frame, and that is cutting taxes for Canada's biggest companies," Julian said.

income of the richest 10 per cent now about nine times that of the poorest 10 per cent.

"Greater inequality does not foster social mobility," OECD Secretary-General Angel Gurría said in the release of the report.

THE CANADIAN PRESS



► Finance Minister Jim Flaherty speaks during Question Period in the House of Commons in Ottawa yesterday.

## RIM's image could suffer after incident

The head of Research In Motion's operations in Indonesia could face charges related to a stampede at a recent promotional sale where dozens of consumers were injured, another incident that could tarnish RIM's brand.

Canadian Andrew Cobham was among four suspects who is facing possible charges of negligence leading to injury, Jakarta police spokesman Col. Baharudin Djafar said yesterday.

The crime carries a maxi-

mum penalty of nine months in prison.

Dozens were injured and several people fainted at the Nov. 25 debut of RIM's BlackBerry Bold 9790 in Jakarta.

There were reports that 5,000 people attended, drawn by a 50 per cent discount to the first 1,000 shoppers.

Research In Motion said it sincerely regrets that some customers were injured and others experienced frustration and



► Indonesians rush to the lineup to buy the new BlackBerry Bold 9790 at a shopping mall in Jakarta last Friday.





upset.

"RIM is actively co-operating with the authorities who are investigating this incident," RIM said in a statement.

Indonesia has experienced a tech frenzy in recent years, and RIM has benefited from the growth and the popularity of its BlackBerry Messenger service. With six million users, BlackBerry is more popular in Indonesia than smartphones from other makers.

THE CANADIAN PRESS

### Market moment

TSX	Dollar
	
+ 44.24 (12,119.33)	+ 0.15¢ (98.35¢ US)
Oil	Natural gas
	
+ 3¢ US (\$100.99 US)	\$3.46 US (- 12.3¢)
	Gold
	\$1,734.50 US (- \$16.80 US)

BRIAN S. J. P. / THE ASSOCIATED PRESS

## Canadian airline traffic up in November

Three of Canada's largest airlines reported strong passenger traffic in November.

Air Canada says system traffic was up three per cent from November 2010. WestJet reported its traffic in-

creased 4.4 per cent year over year. Porter Airlines reported record November load factor of 65.9 per cent, 11.9 points higher than the previous year.

THE CANADIAN PRESS

## Manufacturers looking to hire next year

Half of Canadian manufacturers surveyed in a poll say they're looking to hire next year, but they expect to face trouble finding workers with the right ex-

pertise.

A third-quarter report by PwC says a flurry of activity in the Canadian mining, energy and aerospace industries is creating demand — but employers say there's a lack of skilled workers, which is a barrier to growth.

THE CANADIAN PRESS

## RIM fires executives charged on flight

Two top BlackBerry executives who got so drunk on an Air Canada flight that it had to be diverted to Vancouver last week are no longer employed at Research In Motion, the com-

pany said yesterday.

George Campbell, 45, and Paul Alexander Wilson, 38, pleaded guilty to one charge of mischief in court last Wednesday.

TORSTAR NEWS SERVICE

# A CONSUMMATE DATER'S HOLIDAY GIFT GUIDE

## SHE SAYS ...

JESSICA NAPIER  
METRO



aren't mandatory, you still might want to indulge that special someone in your life. However, the last thing you want is to appear cheap or inappropriately extravagant in front of a new (or new-ish) beau.

And, sure, it really is the thought that counts — but you certainly don't want your new mate thinking, "Oh, you got me a new watch? Gee, I didn't think we were there yet."

Whether you're just getting to know each other, happily dating or settling down, the different stages in a relationship warrant various types of festive indulgences. If you're not sure on the proper present etiquette for your particular dating scenario, here are some appropriate gift ideas that will ensure your budding relationship lasts into the new year.

### Just met: Dating for less than a month

You've been on a couple of dates and, hey, maybe this is going somewhere, but you're still not all that sure. You haven't even had "the talk" and now you're pressured into an awkward gift-giving situation. Don't panic. Avoid going over the top and stick with small tokens, edibles or the ultimate icebreaker — alcohol.

**"... chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances."**

**Brand new beaus: One to four months**  
Ah, yes, new-relationship bliss; you're getting to know one another but haven't yet figured out each other's flaws. In the honeymoon phase, you'll be tempted to go all out on a

gift, but it's probably still too soon to spoil your partner with something lavish. Show your new sweetheart you're smitten (without breaking the bank) with a sexy new scent or tickets to a show or sporting event.

### Getting serious: Four months to a year

Now that you're settling down, you'll want to start making some memories together. Skip the tangible gifts and take your relationship on the road for a much-needed romantic getaway after all the meet-the-parents holiday stress.

### Committed coupledness: A year or more

OK, now you can give in to your urges on those big-ticket items without feeling like maybe it's a bit too much. Go ahead and splurge on jewelry, electronics and other unrestrained gifts that say, "We're in a committed relationship."

### In it for the long haul: Married

You don't need any help here — chances are you've been through enough gift-giving events to know how to make each other happy. Just remember: despite your good intentions there's really nothing romantic about home appliances.

Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)

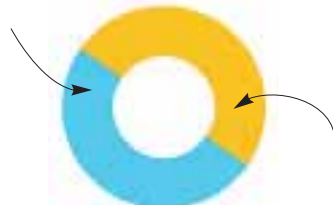
We all know the holidays aren't really about the gifts; they're about togetherness and a little bit of gluttony. But, even though presents



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[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

Who's the more eligible bachelor(ette),  
Ashton or Demi?

50%  
ASHTON



50%  
DEMI

## Local tweets



► **@asecording:** Willy Wonka sound track @ Citi Plaza

► **#wrongtimeofyear** #ldnont  
► **@kriskursdad:** 2 teams/6 games in one weekend.. bit off more than I can chew?? maybe but ya gotta love hockey. #ldnont #coaching #training

► **@ashleighweeden:** Love this: "Taking care of business means taking care of people." Great mantra from the Business Cares Food Drive #ldnont

► **@applerecords:** Rain, rain go away #ldnont

► **@EmilyBewer:** Students dec-

orated a tree on campus as a way to remember a friend and a grounds keeper is putting it in the garbage? Im disappointed in #UWO

► **@gmazzants:** 68 enrolled, 13 present, 10 awake, 4 on Facebook...looks like its #grindtime for #uwo

► **@katelypnutnam:** Typical #uwo girl: ripped jeans, blonde, boot heels, and a cute western top. Me: snap back, brunette, tracks, boots. #overdressed

► **@BrentCornwall:** Aid for At-tawapiskat Bake sale on Wednesday at Fanshawe college across from book store. Warm clothing donations accepted. #fanshawe #ldnont

## Daily Zoom

# He has a nose for snakes



## Serpents invade man's orifices

**NANNING, CHINA.** This performance artist has certainly poked his nose into some slithery business. Liu Fei threads two snakes from both nostrils and out of his mouth at Nanning Zoo in Guangxi province, south China.



Another artist, Liu Xin, performed a headstand on top of a nail.

• METRO WORLD NEWS

## Snakeman Liu

- **Adept at handling snakes.** Liu Fei, 40, is nicknamed Snake King Asia.
- **Several snakes at once.** He can handle up to three three-foot-long cauliflower snakes.
- **During a TV show** Liu managed to let a foot-long snake crawl through his nose and mouth.

# 9

**Nine snakes in a human mouth is the Guinness World Record. It was set in Texas in 2003 by Jackie Biddy. He gathered the bunch of snakes by their rattles and put the tails into his mouth and held still for 10 seconds.**

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# A real, honest comedy

► The Sitter director David Gordon Green talks about working with Jonah Hill on his latest comedy ► Says that Hill doesn't hold back what he's feeling and that makes for great laughs

**STEVE GOW**  
SCENE@METRONEWS.CA

Jonah Hill is an unlikely star. After rising to fame in Superbad and co-starring alongside Brad Pitt in the acclaimed drama Moneyball, the private actor is now taking charge in his own comedy The Sitter.

"What I love about him is he's real," said director David Gordon Green recently from Austin, Texas. "He doesn't hide his feelings. He tells you what he thinks without a lot of fake smiles and it comes across as an actor too. It comes across in a vehicle like The Sitter as real funny."

Having made big-screen comedies like Pineapple Express and this year's Your Highness, Green knows funny.

But the award-winning filmmaker also knows honesty.

After all, his career in cinema began with acclaimed dramas like All the Real Girls.

It's an interesting career twist for the director now behind this Friday's release about a terrible babysitter who takes his charges out on a wild night involving drugs, bar fights and exploding toilets.

"I had exercised at the level of exhaustion a lot of



► In The Sitter, Jonah Hill plays a terrible babysitter who takes his charges out on a night filled with drugs, bar fights and exploding toilets.

my personal emotion in my movies so it got really heartbreaking because no one would go see them," said Green of his move into more mainstream comedy.

"I was just kind of looking at my career thinking I'm making stuff for myself and I'd like the experience of making stuff that people would go see," he said.

In fact, disappointing returns on Your Highness

almost drove Green back to serious cinema.

That is, until the subversive script for The Sitter showed up.

"When I read The Sitter, I thought it had a lot of great honesty and dimension to a comedy and could bridge two interests of mine," said Green.

"It was also the first movie anyone asked me if I wanted to make. I'd never heard those words before."

## Jonah Lite

The Sitter marks Jonah Hill's last film before he dramatically dropped over 30 pounds of weight.

► "It's right toward the end of this movie that he started dieting and getting healthy," said Green. "It certainly became a really tremendous step for him to take and it's been cool to be a part of that transition."

► And Green has something to say to cynics who claim the weight loss will impact Hill's career. "It sucks that people don't give you the benefit of the doubt at first but its just something professionally – you're in the spotlight, you have to prove it to everybody."

# 2

  
scene

## Scene in brief



The Material Girl will be taking the stage on football's biggest night. Madonna, who has sold more than 300 million records, will perform at halftime of the Super Bowl in Indianapolis. The NFL and NBC announced Sunday during the Detroit-New Orleans game that the Grammy Award-winning singer will highlight the show at Lucas Oil Stadium on Feb. 5.

THE ASSOCIATED PRESS



The Band Perry reflects on amazing year as they return to youth-themed American Country Awards



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# Housewives more gloom than glamour?

► Report alleges Beverly Hills Housewife Kim Richards enters rehab

## THE WORD

DOROTHY ROBINSON  
SCENE@METRONWS.CA



I always thought the "point" of the Real Housewives franchise was to show us, the common people, how glamorous and lovely it is being stinking rich.

But The Real Housewives of Beverly Hills just makes me grateful for my overdrawn MasterCard.

As you may remember, four months ago, cast member Taylor Arm-



► Kim Richards

strong's husband killed himself, reportedly over financial problems.

Now, Entertainment Tonight is reporting that cast member Kim Richards

is in rehab. In previous episodes of the show, Richards admitted to taking anti-anxiety and anti-depressant medications, as well as an anti-seizure

medication that can be used to treat alcoholism (meaning: Richards isn't a person who just has one too many glasses of wine at dinner; she's probably hiding hooch around the house).

It's sad. Everything about this show is sad. And maybe everyone on this show would be happier and healthier if they stopped trying to impress the Joneses and downgraded their materialistic lives into something a little more manageable and normal. Sometimes you just have to blow dry your own hair and vacuum your own floors, you know?

# Beyoncé has got plenty of protection

Beyoncé isn't bothered by rumours that have circulated since she announced her pregnancy — including talk that

she's been wearing a fake pregnancy stomach while a surrogate secretly carries her child.

"You know, there are certain things that are so far, it doesn't even affect me," she tells Katie Couric in an interview.

"I'm cool. It doesn't bother me." However, the same can't be said for her family.

"My mom is like, 'Nobody's talking about my grandbaby! My grandbaby's not even here yet!'"

Beyoncé says. "I was like 'Calm down, mom! It's OK!' My mom and sister are so protective."



Beyoncé

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## Biel dug the belly

For Jessica Biel, pregnancy would be a blast — if her role in New Year's Eve is any indication.

In the ensemble romantic comedy, Biel plays an expectant mother, and

playing with extra padding took a lot of pressure off the actress.

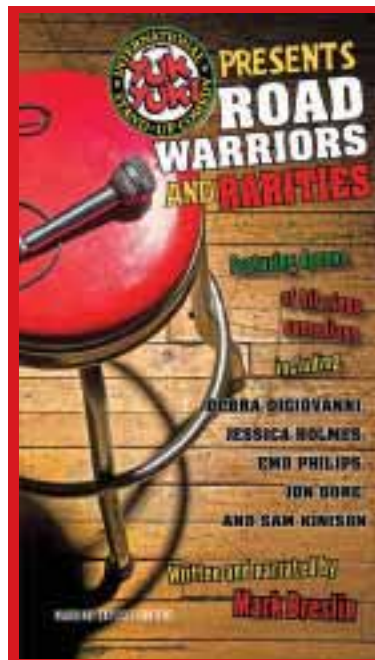
"It was so good! I had a (pregnant belly) suit on ... and I had the biggest boobs," the actress tells British talk show host Graham Norton.

"I ate whatever I wanted — it was great!"

● METRO



► Jessica Biel



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# Dig your own grave by shovelling snow

▶ Study shows once again danger associated with clearing the drive



**CELIA MILNE**  
LIFE@METRONEWS.CA

Shovelling: It's not for the faint of heart.

When the next snow storm hits, think twice about grabbing that shovel to clear the walk.

Especially if you are male, inactive, have a weak heart, and smoke.

In a recent study, researchers at Queen's University in Kingston, Ont., looked back over the medical records of 500 people with heart problems who arrived in the winter-time at Kingston General Hospital (KGH) Emergency room.

The team found that 35 (seven per cent) of these patients had noticed their first symptoms while shovelling snow. It may not sound like a huge percentage, but in medicine it is very significant, says Dr. Adrian Baranchuk, associate professor of medicine at Queen's University and a cardiologist at KGH, lead author of the study.

He guesses there are

plenty more people who didn't mention they were shovelling snow when their symptoms started. Of the 35 who developed problems while shovelling, 31 were male.

"The group at highest risk is men with family history of heart attacks or cardiovascular disease," says Baranchuk.

"You're also in the highest-risk group if you have coronary artery disease and you smoke." If you're a woman and you have no family history of coronary artery disease, you are at low risk, he adds.

An earlier Harvard University newsletter describes how problems develop. Sudden physical exertion, such as shovelling, can put a big strain on the heart and make blood more likely to clot.

When a clot forms inside a coronary artery, it can block blood flow to part of the heart.

Deprived of their supply of oxygen and nutrients, heart muscle cells begin to shut down, and then die. This is a heart attack.



ISTOCK PHOTOS

▶ Have you checked the risks? The season, it may be time to invest in that snowblower.

# 3

life

A new study shows



**Yaeba teeth: Cute or...?**

Gap teeth are so last year; cosmetic dentists in Japan are now being flooded with requests for crooked teeth. Move over Lara Stone and let Kirsten Dunst take centre stage. Why did we bother spending our teenage years with metal braces digging into our gums if crooked was cool all along? Maybe because resembling a five year old is just a little creepy.

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## Best Health Minute



**BONNIE MUNDAY,**  
EDITOR-IN-CHIEF,  
BEST HEALTH  
MAGAZINE

**The checklist that can save your life**

We've all heard medical horror stories: the Ontario doctor who operated on a patient for a blood clot, drilling a nickel-sized hole into the right side of the patient's skull — yet the clot was on the left side.

Then there are the stories about medical staff leaving surgical gauze and other items inside pa-

tients.

As writer Camilla Cornell found out for her story in the December issue of Best Health, out of the estimated two million surgeries performed in Canada each year, there are complications in 11 per cent of those, resulting in pneumonia, stroke and kidney failure, among others.

But a potent new tool has recently emerged in the fight to keep a lid on surgical complications.

It isn't an innovative new drug or an expensive piece of equipment.

It's a simple, low-cost procedure developed by the World Health Organization, and it's surprisingly effective.

The Surgical Safety Checklist requires everyone on the surgical team to double-check 19 different items before and after surgery; examples include whether antibiotics have been administered at the correct time prior to surgery (important in preventing infection) and whether the area for surgery has been marked on the patient's body.

Seems pretty logical

that these steps would be taken without a list, but according to one of our medical sources, including the steps on a checklist is important because the complexity of medical care today increases the potential for human error.

And the checklist seems effective.

In hospitals around the world that use it, one study found that complications from surgery dropped by about one third, and the in-hospital death rate dropped by an astounding 40 per cent.

The Surgical Safety Checklist became a required operational practice in Canada this year, but that doesn't mean all hospitals and all doctors are actually using it, according to our Best Health sources.

To get advice for what you can do if you or someone you love is getting surgery soon, check out the December issue of Best Health on newsstands now.

**TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/METRONEWS**



Sleep pattern consistency key to conquering Sunday night insomnia

## FORGOT A BIG BIRTHDAY?

## CHARLES THE BUTLER



ASKCHARLES  
THEBUTLER@  
METRONEWS.CA

FOR MORE, VISIT  
CHARLES  
MACPHERSON.COM

**What is the correct etiquette to acknowledge an important birthday you've forgotten while you are away and travelling?**

Interestingly, today I'm in Amsterdam on business and it happens to be my dear friend Wendy's birthday. In a perfect world this problem is really easy to deal with, as you send a card and/or a present ahead of time to the person, perhaps with a warning on the outside of the envelope not to be opened before the birthday date.

Now let's leave the perfect world and go back to reality.

I may be the perfect butler and remind my employer every detail they need to



ISTOCK  
► If you forgot someone's birthday, the best thing to do is just own up to your mistake.

know, however personally I've been more than once travelling and halfway around the world and realized it's Wendy's, Aunt Mary's or my best friend John's birthday today and I forgot. So what to do?

1. First, ideally call the person right away to acknowledge and apologise for your error. Acknowledging your error is more important than anything at that moment in time.

2. If you are unable to call, then send an email again, acknowledging your error and sending your best wishes.

3. Consider bringing something back from where you are in the world. This will hopefully create a

special memory.

4. Remember, if you make a promise (to take them out for dinner upon your return) this needs to be a priority as soon as you're home!

I lost a very dear friend once after forgetting her husband's birthday and not making it a priority to follow through with my promise of taking them out for dinner, and I've regretted this foolish error ever since.

5. Lastly, just be honest. We all live very busy lives and being able to acknowledge your error and following through is the right and best thing to do!

HAVE A QUESTION? EMAIL CHARLES AT  
ASKCHARLESTHEBUTLER@  
METRONEWS.CA.

## ANY GIFT IS GOOD AS LONG AS YOU TRIED

**Hi Claire & Andrea,**  
I just started dating this girl and I'm wondering what I should get her for Christmas, and how much is appropriate to spend on her, given that this is all pretty new. I'm a lawyer and money is not an issue, but I just don't want to scare her away with something too lavish or disappoint her with something too small.

**Uncomfortable Santa**

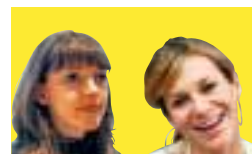
**Andrea:** Dear Uncomfortable Santa,

In our family, it's not the holiday season unless someone's crying in the bathroom, or dodging a stale bread roll thrown from across the table.

It's the time of year when you can build lifelong memories with family and friends — why make it just about trinkets?

Women appreciate thoughtful gestures as

## TWO SISTERS



ANDREA & CLAIRE  
RELATIONSHIPS@METRONEWS.CA

much as pricey ones. How about a little treasure hunt that leads to a romantic dinner for two, followed by a game of throwing snowballs at Christmas carollers?

If you're really into her and vice versa, the memories will overshadow any price tag. Happy holidays!

**Claire:** Dear U.C.,

I have to admit, that is awkward. 'Tis the season when everything is supposed to be meaningful,

but in your case, not so meaningful that you freak her out. It sounds as though your relationship is still fragile and new — one false move and your love turns to a lump of coal. I think planning interesting things to do together is a great idea.

But just in case she buys you something for Christmas, it never hurts to be prepared: you could buy her the movie adaptation of her favourite book or a copy of your favourite book; a CD she might like, or tickets to something you can do together.

Or, even the biggest, most fake batch of mistletoe you can find with a mega stick of lip balm? The choice is up to you. The main thing is that you tried.

**TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.**

## Creative people more likely to cheat: Study

Consider yourself creative? Then you're also more likely to cheat, according to a new study by Harvard University's Business School.

"In our research, we find that both a creative personality and being in a creative mindset help people resolve the conflict more easily and give into

the temptation to cheat," says Francesca Gino, associate professor of business administration and co-author of the study.

"In fact, creativity allows people to come up with many good reasons why their unethical actions are not so bad after all — they rationalize them."

For the study, the team conducted five experiments to test the thesis creative people would cheat under circumstances where they could justify their bad behaviour. In the tests, they were offered cash for turning up, then given tasks in which they could be paid more if they cheated — and given the

opportunity to cheat. The results showed that more creative participants were significantly more likely to cheat.

The test results found that intelligent people are not as likely to cheat as creative ones.

"In our studies, we do not find a link between intelligence and dishonesty,"

explains Gino. Solving moral con-

flicts seems to require creativity and "thinking outside the box."

"Intelligence seems helpful for other types of problem solv-

ing; but resolving this conflict is not one of them."

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# Where predictability isn't a bad thing at all

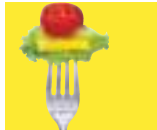
► The Toddle Inn offers diner standards such as all-day breakfasts, sandwiches and burgers ► It's also in a great location



► Bacon Burger with fries.

## LUNCH RUSH

PAUL MITCHELL  
FOOD@METRONEWS.CA



It's not actually a hotel. Despite the misleading name, Toddle Inn has established a following that has remained true

over the decades. The place has a great location, charm and menu that are built around predictability.

My first impression is that the place is a throwback to a long ago time. It has the long counter, an open cluttered kitchen, and mini-

► **The Toddle Inn**  
640 Richmond St.  
519-434-8562  
Reservations: No  
Licensed: No  
Social lunch: Yes  
Quick solo lunch: Yes  
Client negotiation: No  
Price: \$7 - \$14  
Rating: 3.5 out of 5

mal yet somewhat drab decor that one expects of diners.

I see the menu of all-day breakfast options and sandwiches that are mandatory. The marbled rye Western sandwich looks incredible but I choose the Bacon Burger

(\$7.95). Lettuce, tomato and onion toppings are generous, compensating for the thin, slightly overcooked patty.

The store-bought bun is not toasted but fresh. Together the taste really works and I delight in the eatery's thick-cut fries.

For an old-fashioned diner with the most convenient downtown parking on the Row, expect the expected at Toddle Inn.

## Go wild for blueberry semifreddo

### Preparation:

**1** Cut vanilla bean in half; scrape out seeds. In saucepan, heat milk and vanilla seeds over medium heat until steaming.

**2** In heatproof bowl, whisk egg yolks and sugar until creamy. Pour milk into egg

### Ingredients:

- 1 vanilla bean
- 125 ml (1/2 cup) milk
- 3 egg yolks
- 75 ml (5 tbsp) granulated sugar
- 625 ml (2 1/2 cups) frozen blueberries
- 250 ml (1 cup) mascarpone
- 30 g (1 oz) bittersweet chocolate, chopped
- 10 ml (2 tsp) chopped shelled pistachios, frozen wild blueberries, mint leaves for garnish

mix, whisking until thickened. Let cool. In blender, purée 250 ml (1 cup) of the wild blueberries; set aside.

**3** Beat mascarpone until creamy and smooth. Beat in egg mix until combined and lightened. Fold in blueberry puree, remaining blueberries and chocolate. Pour

into a small loaf pan lined with plastic wrap and freeze for 4 hours or until firm.

**4** Turn loaf onto serving platter and remove plastic wrap. Cut in 2.5-cm (1-inch) slices and garnish with mint, pistachios, blueberries,

berries,  
THE CANADIAN  
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# Re-gift it...you know you want to

## FUN AND FRUGAL

LESLEY SCORGIE  
MONEY@METRONEWS.CA



In the past, re-gifting was socially shunned.

But these days it's very common because re-gifting saves money and reduces waste.

Throw that Billy Blanks Tae Bo DVD in a used gift bag and give it to your second aunt who's trying to shave off a few pounds and get fit.

According to coupon-cabin.com, four out of 10 North Americans have re-gifted presents.

The most commonly re-gifted items are gift cards, duplicate items, and unwanted products.

If you're going to re-gift a present, there are parameters you should follow.

low.

Remove your name from any tags or cards and don't give it back to the same person who gifted it to you.

Refrain from re-gifting personal hygiene products like nail clippers or razors.

Ensure the present is in its original wrapping and don't recirculate something that has been blatantly used.

Try to avoid re-gifting something super sentimental, especially if it's from someone close to you that could find out.

Re-gifting is typically a result of the gift-giver trying to stretch an already limited budget.

If your list of people to buy for keeps

growing, neighbours, co-workers, teachers, stop!

Don't bother buying junk for people. This is exactly how and why people go into debt over the holidays which sets them back financially for months.

Instead, write a personalized card or host a volunteer day at the food bank. Why not barter or trade for gifts?

Sell unwanted household items on Kijiji to generate some guilt-free holiday cash.

If you feel truly obliged to buy something, keep it small; less than \$10.

Make a small donation on behalf of the person you have to buy for. This

is a meaningful and inexpensive way to show your generosity while spreading the holiday spirit.

Or bake treats or make ornaments that everyone can enjoy!

Re-gifting

**"Don't bother buying junk for people. This is exactly how and why people go into debt over the holidays, which sets them back financially for months. Instead, write a personalized card or host a volunteer day at the food bank."**

within certain parameters is a resourceful way to keep your budget in check.



► There are rules involved to giving presents a second life. Namely, don't re-gift something that leads to this sort of face.

## Give your card a l'il more credit

► Get more for your money with these credit card tips

Using your rewards credit card can have an immediate payoff, as 51 per cent of Canadians are likely to redeem points for everyday items such as groceries and cash, according to a recent RBC Rewards poll.

"We have seen that cash-back cards are rising in popularity with 30 per cent of Canadians now carrying this type of credit card in their wallet and finding more value than when they pay with cash," said Prashant Sharma, vice president of retail credit cards at RBC.

"Life can be demanding and some clients prefer a credit card that is simple to use. If you are looking to get more for your money, certain cards offer bonus rewards when you spend on everyday items like groceries."

Many budget-conscious consumers, mindful of ris-



► Believe it or not, this little piece of plastic can do a lot.

ing food and energy prices in the current economy, are looking for options that provide cash to pay for more immediate needs. Sharma offers the following tips to maximize your cash-back rewards credit card:

• **Focus on the bonuses:** Look for a cash back credit card that gives you more on everyday purchases, such as bonus offers and spending on everyday purchases, like groceries.

• **Simplify:** Consider a cash back card that automatically shows your earned credit

on your monthly statement. It's an easier way to track your rewards.

• **Consolidate your spending in one place:** Spend smart rather than spending more. This will help you get more bang for your buck and allows you to manage your budget in one place.

• **Make it automatic:** You can also use your card to pay monthly expenses such as utilities, daycare, tuition, gym memberships and newspaper subscriptions, to get you even more cash back. **NEWS CANADA**

**Be a fan! Bring a Can!**

2002 2012

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# Something fishy going on

► Formerly low-budget Marlins become big players at baseball's winter meetings

Jeffrey Loria watched the news conference from the second row, beaming like a proud parent as Heath Bell talked about his new love for the Miami Marlins and reuniting with Jose Reyes.

Trying to make a quick getaway, the owner was surrounded by reporters in the corridor who wanted to know who else would be migrating to South Florida: Albert Pujols, C.J. Wilson, Mark Buehrle?

Instead of trading away their stars, the Marlins have become the biggest player in the off-season market, the riches from their new ballpark a free-agent attraction.

"I want our team to be important," Loria said Monday as the winter meetings opened. "It's an energy city, and I think that's one of the things that brings the players there. They see the energy."

Bell's \$27-million US, three-year contract was finalized, giving the renamed Marlins an all-star closer. Reyes' \$106-million, six-year deal is a satisfactory physical away from conclusion.

Pujols, who already has toured the new ballpark, would join Hanley Ramirez, Mike Stanton and Logan Morrison in the batting order — if the three-time NL MVP is willing to leave the St. Louis Cardinals, the only major league team he's played for.

"One big hitter?" Loria said out loud, his 2003 World Series ring flashing



► Jose Reyes has signed a \$106-million, six-year deal with the Miami Marlins.

from his hand. "Well, I don't know about that, but there's a possibility of another player or two we're looking at."

Morrison, among others, was wondering.

"Just out of surgery. Everything went well," he wrote on Twitter after a minor knee operation, adding: "Have we signed Pujols yet?"

On the mound, Wilson or Buehrle could be added to a rotation that includes Josh Johnson (if healthy), Ricky Nolasco, Anibal Sanchez and Chris Volstad. While the Marlins are being aggressive, traditional big

## 1.52M

The Marlins drew a major league-low 1.52 million fans to Sun Life Stadium, but hope to draw 2.5 million to three million at the new ballpark.

spenders such as the New York Yankees and Boston Red Sox are moving cautiously, both with free agents and in the trade market.

"It's hey, take my older, expensive, over-the-hill guy for your young, better-per-

forming guy," Yankees general manager Brian Cashman said. "Let me think about that and get back to you, buddy."

Not that he's acting any differently with opening day four months away.

"I'm sure my ideas are as distasteful as the ones that I've received," he said.

As the four-day swap session began, the first piece of formal business was the annual meeting of the Hall of Fame Veterans Committee, which elected late Chicago Cubs third baseman Ron Santo. He'll be inducted in Cooperstown on July 22, along with any

players elected by members of the Baseball Writers' Association of America on Jan. 9.

Pujols and Prince Fielder are the big bats on the market, and it remains unclear whether Pujols is willing to leave the World Series champions, where he's joined Stan Musial as a franchise icon.

"I always use the word hopeful," Cardinals chairman Bill DeWitt Jr. said. "I think it's presumptive to say that I'm optimistic because we obviously have continuing discussions and have a good dialogue going." THE ASSOCIATED PRESS

## Buono gives up head-coaching duties

Wally Buono always hoped to go out on a high note — and now he has.

The winningest coach in CFL history is stepping away from the sidelines to concentrate on his managerial duties with the Grey Cup champion B.C. Lions. Buono was named vice-president of football operations and will retain his general manager's title.

"I think now is the perfect time," said Buono, 61, in an interview with The

**"Everybody dreams of exiting on top. Everybody dreams about exiting on their own merits."**

WALLY BUONO

Canadian Press after a news conference announcing his decision yesterday at the team's practice facility. "When you look at your own usefulness, I think I've been useful in terms of climbing this club to another Grey Cup."

The announcement

came just over a week after Buono guided his club to a 34-23 victory over the Winnipeg Blue Bombers in the Grey Cup. The Lions completed a miraculous worst-to-first run after starting the season 0-5.

Buono said the Lions need another voice and an-

other face to guide them into 2012 and beyond. He does not think he can reproduce the same amount of energy the team put forth in the 2011 campaign.

"I don't I think I can get the players or the coaches to buy into it again," said Buono. "If there's another face, another voice, that in itself will be more energetic, more exciting — just a better stimulus."

Buono posted a 101-60-1 record with the Lions after

joining the team as GM and coach in 2003. He led B.C. to a pair of Grey Cup wins, seven division final appearances and five first-place finishes in the West Division.

Buono has a 254-139-3 record over 22 seasons as a coach with the Lions and Calgary Stampeders. He has won five Grey Cups in that time — two with B.C. (2006, 2011) and three with Calgary (1992, 1998, 2001).

THE CANADIAN PRESS

# 4

sports

### Sports in brief



London Knights defenceman Jarred Tinordi was named to the U.S. national junior team's preliminary roster by USA Hockey yesterday.

He will be auditioning for a spot on the U.S. team in the world junior tournament in Calgary and Edmonton from Dec. 26 to Jan. 5.

◎ METRO



Scan code for more sports news.

# Jostling to face the juggernauts

► Handful of squads in AFC and NFC undeniably legit ► Most of others seem destined to become playoff fodder

As the regular season begins to wind down, the NFL has its share of thoroughbreds. And its share of pretenders.

With four weeks remaining, the Packers, 49ers and Saints have separated themselves in the NFC, and perhaps in the entire league. Green Bay and San Francisco already have secured division titles, and New Orleans is almost there.

The elite of the AFC, while not quite so accomplished, are the Ravens, Steelers, Patriots and Texans.

In the middle is a muddle: all kinds of teams with all kinds of strengths

## The pretenders

These teams may look respectable based on their spots in the standings, but they have little chance to do damage once the playoff pressure ratchets up.



### Cowboys

Dallas can be dangerous in the NFC East, and also can be a flop.



### Bengals

Cincinnati can't beat any of the good teams left on its schedule.



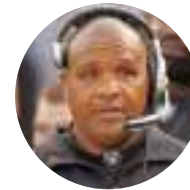
### Bears

Chicago is down to a backup quarterback, and Matt Forte is hurt.



### Broncos

It's difficult to see the Broncos riding deep into the playoffs.



### Raiders

Oakland has huge issues on defence and with penalties.

— and weaknesses.

Nine teams sit at 7-5, and one (Giants) at 6-6. All are in the mix to either win their division or grab

a wild-card spot.

Most, if not all of them, are not legitimate championship contenders, no matter how bravely they

might talk.

Other teams really have a shot at making the post-season and doing some damage there.

The Packers seem headed for an undefeated regular season — if they decide to chase it.

Two years ago, it was

New Orleans leading the charmed life. Drew Brees has an even deeper, more dangerous receiving corps and backfield than in 2009, and while the Saints also have issues on defence, they can outscore them.

Having clinched their first playoff berth since 2002, the 49ers have the kind of rugged, versatile defence that gives any team a chance.

Four AFC teams are 9-3 and, barring collapses, are headed to the post-season. New England, Baltimore and Pittsburgh are the perennials, Houston the newcomer.

THE ASSOCIATED PRESS

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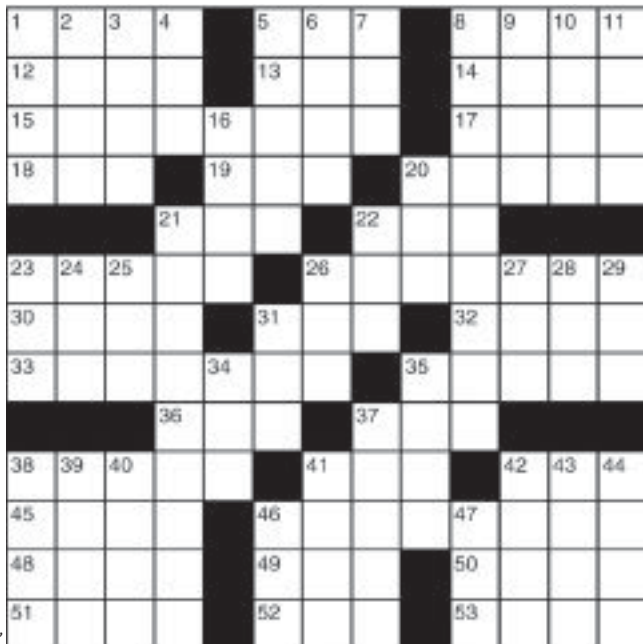
KEYZ THANKZ



## Crossword

### Across

- 1 Weak, as an excuse  
5 Thickness  
8 Amble  
12 Wicked  
13 Tall tale  
14 Press  
15 "The Glass Menagerie" playwright  
17 Building block name  
18 Old insecticide  
19 Conk out  
20 Explosion  
21 Moist  
22 Luau bowlful  
23 Lisa Marie's dad  
26 Former  
30 Work hard  
31 Small barrel  
32 Stare  
33 Pursued obsessively  
35 Knee counterpart  
36 Salary  
37 Dinner for Dobbin  
38 "Hammerin' Hank"



- 41 Neither mate  
42 That woman  
45 Huff and puff  
46 Sudden violent wind  
48 Facility  
49 High card  
50 Flame  
51 Rip  
52 Firmament  
53 Rock band's accessories  
**Down**  
1 Lascivious  
2 Eager, plus  
3 Vibrapionist Jack-  
4 Right angle  
5 Braid  
6 Citrus fruit  
7 "Certainly"  
8 As a volunteer would  
9 Vicinity  
10 Yule fuel  
11 Entanglement  
16 Mid-month date  
20 Greet the villain  
21 Energetic determination  
22 Boxer  
23 Type squares  
24 Parcel of land  
25 By way of  
26 Proof letters  
27 Apply lightly  
28 Kind of dye  
29 Kitten's remark  
31 Crucial  
34 Neb. neighbor  
35 British noble  
37 Like Swiss cheese  
38 Help a hood  
39 Wings  
40 Parks or Bonheur  
41 Shaving mishap  
42 Take to the pool  
43 Angel's in-

- strument  
46 Existed  
47 "— picture paints a thousand words ..."

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, at [metronews.ca/kiss](http://metronews.ca/kiss).

**Gerard**  
Round-faced boy from Gerard, we have a perfectly matching eating schedule. Every time I go to eat, there you are. Not that I'm creepy or anything. Anyway, it sure is cool when we make eye contact, isn't it? You're really cute and have nice hair, and you should know you can always sit by me. :)

FROM BABY J

Thoughts of you You wanna be with? Come with? Here with? Me! Me! Me! Like your loyalty equally! Wink!Wink! Sha-wink! Tickle, giggle, wiggle, squiggly! ;)

FROM LINGERING MEMORIES

**CKG**  
You truly are one of the most beautiful people I've met. Not just on the outside, but in your heart! This Tuesday is our last class together, but I know that it is not the end =)

FROM CCB

## Today's horoscope

**♈ Aries** March 21-April 20 Make sure you act logically and have a rational reason for everything you do.

**♉ Taurus** April 21-May 21 By all means go off by yourself today and let the rest of the world take care of itself.

**♊ Gemini** May 22-June 21 You will see and understand things today that others have overlooked.

**♋ Cancer** June 22-July 22 You will see or hear something to your advantage today.

**♌ Leo** July 23-Aug. 23 You will be in a questioning frame of mind

today.  
**♍ Virgo** Aug. 24-Sept. 22 Don't give up on something just because it is boring or does not seem to be working out the way you had hoped.

**♎ Libra** Sept. 23-Oct. 23 If you stick your nose in someone else's business today you will regret it.

**♏ Scorpio** Oct. 24-Nov. 22 Find ways to persuade those you live and work with to shoulder more of the everyday burden.

**♐ Sagittarius** Nov. 23-Dec. 21 You set such high standards that there are bound to be times when you cannot live up to them.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♑ Capricorn** Dec. 22-Jan. 20 Information that comes your way over the next 24 hours will cause you to doubt what you were previously told by friends or work colleagues.

**♒ Aquarius** Jan. 21-Feb. 18 You need to get your message across and the best way to do that is to be forceful without being aggressive.

**♓ Pisces** Feb. 19-March 20. Financially and professionally you'll go far today, but don't go too far and promise things you may not be able to deliver. **SALLY BROMPTON**

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"OK, I'm ready to plant a juicy one for the team."  
ANNE

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